

## Level 2 Award in Nutrition for Health

### INSTRUCTIONS TO CANDIDATES

1. Attempt to answer every question.
2. Enter your answers on the accompanying answer sheet.
3. Each question has only **ONE** correct answer.
4. You have **45 MINUTES** to complete the examination. When you have finished give your answer paper and answer sheet to the person in charge.
5. This exam paper consists of 30 questions. The pass mark for this examination is 20/30.

- 1 **Alongside a healthy diet, NHS Choices recommends that people between 19 and 64 should:**
- A. Join a gym and go everyday
  - B. Do 150 mins of moderate aerobic activity a week
  - C. Do 150 mins of vigorous aerobic activity a week
  - D. Not worry about exercise as a healthy diet is the main target
- 2 **It is recommended that the average daily intake of fibre for an adult should be:**
- A. 12g
  - B. 14g
  - C. 16g
  - D. 30g
- 3 **It is recommended that the average daily intake of fluids should be:**
- A. 4-6 glasses
  - B. 6-8 glasses
  - C. 8-10 glasses
  - D. 10-12 glasses
- 4 **Which ONE of the following lists of food ALL contain significant amounts of saturated fatty acids?**
- A. Chicken, peanuts, salmon
  - B. Cheddar cheese, beef burger, streaky bacon
  - C. Nuts, whole milk, avocado
  - D. Salmon, peanuts, beefburger
- 5 **What is the main carbohydrate in milk?**
- A. Lactose
  - B. Maltose
  - C. Sucrose
  - D. Glycogen
- 6 **Carrots are a good source of which vitamin?**
- A. Vitamin A
  - B. Vitamin B12
  - C. Vitamin C
  - D. Vitamin D
- 7 **How much energy is provided by 1g of carbohydrate?**
- A. 1.5kcal
  - B. 3.75kcal
  - C. 5.25kcal
  - D. 9kcal
- 8 **People may become obese if they:**
- A. Eat too little food
  - B. Eat too much food
  - C. Are unable to digest wheat
  - D. Are unable to tolerate milk
- 9 **Basal metabolic rate (BMR) is:**
- A. The maximum amount of energy a person needs per day
  - B. The amount of energy a person needs to stay alive without physical activity
  - C. The target energy intake for weight loss
  - D. The target energy intake for weight gain
- 10 **A typical diet in the UK is:**
- A. Too high in fibre
  - B. Too low in salt
  - C. Too high in calories
  - D. Too low in carbohydrate

- 11 **Mean consumption of oily fish was well below the recommended one portion a week for WHICH of the following?**
- A. In young age groups
  - B. In middle aged groups
  - C. In the elderly
  - D. In all groups
- 12 **The average percentage of children eating 5-A-Day recommendation for fruit and vegetables is:**
- A. Extremely high
  - B. High
  - C. Medium
  - D. Quite low
- 13 **Type II Diabetes Mellitus is mainly associated with:**
- A. Obesity
  - B. Smoking
  - C. Alcohol
  - D. Cancer
- 14 **Too much vitamin A in the diet can cause damage to which ONE of the following?**
- A. The kidneys
  - B. The eyes
  - C. The heart
  - D. The liver
- 15 **Which ONE of the following lists of nutrients is needed for strong bones and teeth?**
- A. Iron, vitamin D
  - B. Calcium, vitamin D
  - C. Calcium, vitamin A
  - D. Protein, vitamin D
- 16 **What effect does freezing have on the nutrients in food?**
- A. Most vitamins are destroyed
  - B. Mineral content is increased
  - C. Very little effect
  - D. Protein content is reduced
- 17 **Which of the following cooking methods would be the MOST suitable to reduce total calories when preparing fish?**
- A. Shallow fat frying
  - B. Frying in a deep fat fryer and drying with kitchen roll
  - C. Steaming
  - D. Low fat air frying
- 18 **The fat content of a meal can be reduced by:**
- A. Adding a pastry topping
  - B. Using peanut oil instead of olive oil
  - C. Grilling instead of frying
  - D. Coating food in batter
- 19 **Allergen labelling on packaged foods:**
- A. Only relates to foods containing nuts
  - B. Must be contained in an allergy alert box
  - C. Is a legal requirement
  - D. Is not needed for alcohol

- 20 **Allergen labelling would be required for food containing which ONE of the following?**
- A. Grapes
  - B. Sesame seeds
  - C. Maize
  - D. Nitrites
- 21 **Nutritional information on packaged food:**
- A. Always provides the energy value of 100g (or ml) of the food
  - B. Must include front of pack and back of pack labelling
  - C. Must give the sodium content of the food
  - D. Always provides the starch content of 100g of the food
- 22 **What information should someone interested in losing weight look at first on a food label?**
- A. Sodium
  - B. Additives
  - C. Fats and saturates
  - D. Use by date
- 23 **Which of the following is the government's programme to improve health through diet and exercise?**
- A. Change4Life
  - B. Change2Life
  - C. Fitness4u
  - D. 5 Ways to Wellbeing
- 24 **Planning meals can help make eating habits healthier because:**
- A. The individual can always pick low calorie options
  - B. Being prepared means the individual is more likely to avoid unhealthy snacks
  - C. The individual only has to shop once a week
  - D. It can save the individual money
- 25 **In relation to diet information, what is the BNF?**
- A. British Nutrition Forum
  - B. British Natural Foods
  - C. British Native Foods
  - D. British Nutrition Foundation
- 26 **Which would be the best information starting point for someone wishing to make health changes to their diet?**
- A. A diet book by a health celebrity
  - B. NHS Choices
  - C. A newspaper
  - D. A google search
- 27 **The best sources of dietary information are:**
- A. Evidence based
  - B. Online
  - C. Based on opinion
  - D. Expensive to access
- 28 **Which religion allows only Halal meat to be eaten?**
- A. Hinduism
  - B. Judaism
  - C. Islam
  - D. Sikhism

- 29 Which of the following could be eaten by a lacto-ovo vegetarian?
- A. Meat, fish and eggs
  - B. Meat, milk and eggs
  - C. Milk and eggs
  - D. Fish and eggs
- 30 A high intake of folic acid is particularly important for WHICH group of people?
- A. Preschool children
  - B. Young women
  - C. Young men
  - D. Elderly people

END OF PAPER

Specimen